

Case study

Finding Katie's culinary flair

Katie lives with learning disabilities and Asperger's Syndrome, an autistic spectrum condition. Katie likes to feel in control of her life as much as possible, but she lacked confidence when planning activities. This meant that she did not always have access to meaningful activities. Once our key worker built a trusting relationship with Katie she expressed she wanted to try new activities.



Katie was given a personal budget to manage her support needs. Working with Katie, our support team looked at ways her personal budget could be used to deliver the outcomes she wanted to achieve. Katie said she had always wanted to learn to cook, so they found a local cookery class together.

Initially her key worker attended the classes with her. When Katie had built up enough confidence, it was agreed that staff would only support her with travel and purchasing the required items on her shopping list.

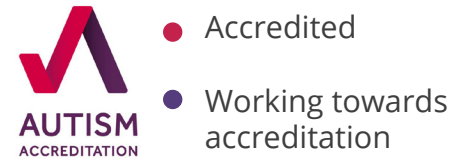
Over time, Katie progressed from needing help from her support worker to prepare her meals every day to just creating a healthy meal plan twice a week. She was then able to prepare snacks and light meals independently.

Katie is now managing a healthier and balanced diet and has increased her range of activities to include taking trips to galleries and museums. With the help of our staff, Katie has been supported to develop a better understanding of her finances and manages her budget more effectively. Katie now has greater control of her life, her confidence has grown and she is now looking at what she can achieve next.

About Voyage Care

Voyage Care is a sector-leading provider of specialist care and support to 3,500+ people with learning disabilities, autism and complex needs.

We support over 720 autistic people across the UK and have 37 specialist autism services that are either accredited or working towards accreditation with the National Autistic Society.



Specialist autism support

Enabling autistic people to live the life they choose



Get in touch

Contact our friendly enquiry team to discuss how we can support people in your area.



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AUTISM SUPPORT by
voyagecare



How we support autistic people

Our individualised approach to supporting autistic people is based around each person's unique abilities, interests and preferences.

We enable autistic people to live a more independent life – where, how and with whom they choose.

The people we support can rely on us for safe, flexible and personalised support.

All the staff give 100% when they are on duty, providing care to Bobby and the other residents. With extreme patience and understanding, they persevere in persuading Bobby to try out new experiences, but always at his pace.

Parent



Commitment to quality

Whether supporting an individual in their own home, to access the community or in a registered care home, Voyage Care is committed to providing exceptional, specialist care and support for autistic people.

We have sector-leading quality ratings. In England, 94% of our specialist registered locations are rated as Good or Outstanding* by the Care Quality Commission. 100%* of our Scottish and Welsh registered locations are rated as compliant by the Care Inspectorate and CSSIW.

Our unique partnership with the National Autistic Society (NAS) and commitment to a large-scale, autism accreditation programme provides assurance that our support is of the highest standard.

*Data accurate as of September 2017



Our personalised approach

Every autistic person we support can expect our teams to:

- Work with them to co-produce and regularly review their support plans together – making sure they have choice and stay in control of decisions about their support.
- Use tried and tested methods of supporting autistic people to develop personal strategies and the confidence to manage daily life situations.
- Support them to access their community, including employment and education opportunities.
- Utilise our framework for delivery of excellent support, which incorporates active support, positive behavioural support, NAS's SPELL principles and a commitment to STOMP.
- Deliver support tailored to their individual needs using autism specific assessments, person-centred plans, personal autism and sensory profiles, environmental assessments and communication plans.
- Involve them in choosing their support workers using values-based recruitment so they are supported by well-trained staff who understand them and their autism.
- Celebrate their achievements with them.

Specialist autism development pathway



Around 20% of the 3,500+ people we support are autistic. In order to meet their needs, we have a comprehensive, autism-specific learning and development pathway. All staff, regardless of their role, receive autism awareness training.

Support workers and managers undertake additional levels of autism training tailored to the requirements of the people they support. This includes positive behavioural support for all support workers through to a level 3 diploma in autism for those providing specialist autism care and support.

Our support to autistic people follows good practice principles and our teams have oversight and support from:

- Our experienced managers and peers – through our autism information hub and accessing peer support.
- Our autism professionals group – a forum for sharing best practice and reviewing outcomes.
- National Autistic Society – accessing specialist training and support throughout the autism accreditation process.

